

ABSTRACT

THESIS: An Evaluation of Five Lessons from *Discover MyPlate*—An Inquiry-Based Nutrition Education Curriculum for Kindergarten Students

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Discover MyPlate, a nutrition education curriculum for kindergarten students, was published by the United States Department of Agriculture (USDA) in June 2014. This study measured the impact of five 30-minute nutrition education lessons from *Discover MyPlate* on the nutrition knowledge, attitudes, and healthy eating behaviors of kindergarten students in a rural, Midwestern school district. Students were given a pre-assessment survey that measured specific constructs from *Discover MyPlate*. The lessons were taught in two of four kindergarten classes (treatment group); the remaining two classes served as the control group. After the intervention, all kindergarten students were given the post-assessment and their parents were asked to complete a survey to measure perceived changes in their child's eating patterns in the previous month. Results indicated treatment group students were significantly more likely to acknowledge what is a food group ($p < 0.001$), state the number of food groups ($p < 0.001$), give the names of each food group ($p < 0.001$), identify the MyPlate logo ($p < 0.001$), and assign foods to their corresponding food group ($p < 0.001$). No significant differences were noted between the control and treatment groups regarding the parents' observations of any changes in their child's eating behaviors. Overall, *Discover MyPlate* was effective for teaching children about healthy eating, but, no evidence was obtained to indicate eating behaviors were immediately affected.